

# How are you feeling?

Rest

Go

Slow

Stop

The blue zone - I feel ...

ill	sad	upset
tired	not ready	something else?

The green zone - I feel ...

happy	okay	calm
ready	focused	something else?

The yellow zone - I feel ...

excited	worried	confused
silly	not ready	something else?

The red zone - I feel ...

angry	scared	out of control
frustrated	not ready	something else

# What support can I use?

ask for help	hug	breath
drink	break	something else?

high five	work	ready to play
enjoy	celebrate	something else?

ask for help	break	OT
talk	breath	something else

ask for help	walk	OT
talk	breath	something else?